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ALL KINDS OF LIVER
VALUABLE IN DIET

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All kinds of liver have about the same food values, but pork, beef, and lamb liver are as a rule cheaper than calf liver. Properly cooked they may be made equally tender and delicious. The liver of any kind of fowl is also valuable, particularly for the children, says the Bureau of Home Economics, U.S. Department of Agriculture.

In the animal body the liver serves partly as a storage organ, and therefore contains an abundance of food substances not found in other meats. It is especially rich in iron and copper, which are needed for the building of red blood corpuscles. It is one of the richest sources of vitamin A, is a good source of vitamin G, and contains some vitamin B. Like other meats, it has a high percentage of protein. In recent years science has discovered that liver is valuable for certain types of anemia, and of course in the everyday diet it is a useful and economical meat.

The usual method of cooking liver is to broil or sauté it, sliced. Liver may be very easily overdone, however, by cooking it a little too long or by using too much heat. Cook tender, fresh liver only long enough to take away the red color. Liver with a less delicate flavor and texture tastes better if scalded first, although some food value is then sacrificed.

You can serve sliced liver broiled with bacon, sautéed with onions, in a milk gravy, braised, or baked. Ground or chopped liver may be used in creamed liver, liver hash, liver and rice loaf, liver croquettes, scalloped liver and potatoes, or scalloped liver and whole wheat. Liver salad may be made of chopped cooked liver, raw cabbage and onions.

To make braised liver in tomatoes, dip the liver in flour, brown it in fat, then cover it with tomatoes which have been slightly thickened. Season with onion, green pepper, and salt, and cook slowly, covered, for 15 or 20 minutes.

Liver makes a good sandwich filling for the school lunch box. Grind it up and mix it with chopped pickle or chopped cabbage, chili sauce, or some other seasoning.

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